

Crew off duty

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-09:30	FE-1	Weekly housekeeping
09:30-09:50	FE-1	Reconnect Onboard Measurement System (СБИ) cables in Satellite Navigation Equipment [ACH] Tagup w/specialists(<i>S-band</i>)
09:50-10:00	FE-1	On MCC GO: Reconnect TLM cnctr (with ВД-СУ mode off and БИТС powered off) Tagup w/specialists (<i>S-band</i>)
10:00-11:00	FE-1	Weekly housekeeping
11:00-11:20		ISS crew / Program management weekly conference (<i>S-band</i>)
11:30-13:00	CDR	Physical Exercise (RED)
11:30-13:00	FE-1	Physical Exercise (TVIS) day 1
13:00-14:00		LUNCH
14:00-14:30		Daily planning conference (<i>S-band</i>)
14:30-14:35	CDR	Carbon dioxide level monitoring
14:35-14:40	CDR	SSC OCA router reboot
14:40-14:55	CDR	Reboot all PCS (once a week)
14:55-15:00	CDR	Disconnect Display and Control Panel (DCP) power cable
15:30-15:45	CDR	Filter maintenance in Space Acceleration Measurement Unit (SAMS)
15:45-15:55	CDR	Activation of Interim Control Unit (ICU) after SAMS filter maintenance
15:45-16:15	FE-1	COЖ maintenance
16:15-17:15	FE-1	Physical Exercise (VELO + Force Loader/ cycle 1) day 1
18:25-19:25	CDR	Physical Exercise (CEVIS)
19:25-19:30	CDR	TVIS/RED/HRM data transfer to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	ETD. Experiment ops
		MOLNIYA-SM w/ LSO hardware. Data copying and hardware disassembly

Note: See OSTP for references to US activities

End of radiogram